

***Psalm 13: 1-6***

*How long, O LORD? Will You forget me forever? How long will You hide Your face from me? How long shall I take counsel in my soul, Having sorrow in my heart daily? How long will my enemy be exalted over me? Consider and hear me, O LORD my God; Enlighten my eyes, Lest I sleep the sleep of death; Lest my enemy say, "I have prevailed against him"; Lest those who trouble me rejoice when I am moved. But I have trusted in Your mercy; My heart shall rejoice in Your salvation. I will sing to the LORD, Because He has dealt bountifully with me.*

**Dealing with Anxiety**

Few would deny that human life is swayed by care. This is by no means considered inappropriate for most realize that all people have some measure of responsibility. The ordinary cares concerning food, clothing, and housing, have in recent past been taken for granted in this country. However, such is not the case for many today. These essential cares have become a point of anxiety as the means of supply has slipped from grasp. In such difficult times few need to be reminded that anxiety tears away at the very fibre of life leaving despondency, depression and despair, which seem insurmountable.

The Bible gives a simple, yet meaningful, answer to those who are anxious: "Be careful (anxious) for nothing; but in every thing by prayer and supplication with thanksgiving let your requests be made known unto God. And the peace of God, which passes all understanding, shall keep your hearts and minds through Christ Jesus" (Philippians 4:6-7).

The Christians at Philippi were under duress through economic and political circumstances. To them, Paul gave this answer for an anxious heart; "pray with thankfulness". Though on first glance this undoubtedly seems too simple, yet for the Philippians. Paul reminded them of two meaningful facts: they belonged to God, "our citizenship is in heaven" (Philippians 3:20), and Christ as Lord of all had the power "to bring everything under His control" (Philippians 3:21, NIV). The answer for a troubled heart was rooted in faith in God's commitment to His children's best interests (as special citizens) and God's ability to meet every need (through unlimited power). Sharing the requests in prayer acknowledged God's care, thanksgiving reflected the faith in His answer as being completely appropriate, The result was a promised peace of mind.

This same peace can be found today by following the Philippians example of accepting the gospel message (Philippians 1:5), believing that Jesus paid the penalty of sin in his death then rose from the dead (1 Corinthians 15:3-4) and humbly surrendering our lives to God's will and care. This privileges the believer with the opportunity to express the requests on our hearts and trust God for what is best, understanding these circumstances as a means of developing a deepening dependence upon God.

A peace that passes human understanding even in the most anxious of times can be found through prayer that springs from a relationship with God through the gospel, and a trust upon God that can be thankful in all things.

***What is my response:***

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